

As the manuscript

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COORDINATION OF RESOURCES AND COPING-STRATEGIES IN
OVERCOMING OBSTACLES
(FOR EXAMPLE, A SITUATION OF INTRA CULTURAL AND INTERCULTURAL
INTERACTION)

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INTRODUCTION

Relevance of the research topic. The ambiguity and contradictoriness of modern reality have a significant impact on intercultural interaction, the media form ideas about a particular culture, both facilitating and hindering the establishment of intercultural dialogue, forming confidence / distrust towards each other among representatives of different cultures (T.L.Kryukova). Of particular interest is the study of the culture-specific characteristics of coping behavior, in particular, cross-cultural studies of coping with difficulties in intercultural interaction. In critical situations of the unstable state of society, it is culture that supplies its resources (N.M.Lebedeva, A.N.Tatarko, S.Schwartz, and etc.), arming the person with effective and productive ways of coping with the difficulties inherent in sociotype behavior patterns (including in themselves typical programs of culture and triggering regulation of behavior in standard situations for a given community) (A.G.Asmolov, V.V.Gritsenko, L.G.Pochebut, G.U.Soldatova, T.G.Stefanenko, D.S.Kornienko, V.Y.Khotinets, and others).

Proceeding from the notion that the activity of the subject is triggered by mechanisms, which include: reserves, resources and potential, connecting at different levels of implementation and regulation of subjective activity (V.A.Bodrov, E.A.Sergienko, V.A.Tolochek, N.I.Zhuravlev, S.A.Khazova, and etc.), the dissertation study is based on the idea that productive coping behavior is actualized not only due to the increasing effect of adaptive coping strategies (psychological means of mastering behavior laid down in culture human life) (L.S.Vygotskiy), but also due to resource possibilities (as a set of available means, the conscious use and actualization of which is carried out by the subject, if necessary, for the purpose of coping) of the subject (S.A.Khazova, C.M.Aldwin, S.Folkman, J.T.Moskowitz and others).

According to the provision on the resource nature of behavioral control, human activity during coping is regulated by body reserves and mental resources. It is in difficult situations (the state of frustration), which make the highest demands on the human resource system (V.Y.Khotinets), that the activity «reveals» its own resource opportunities in the subject for implementing a conscious choice of individual regulation methods (E.A.Sergienko). Conducting behavior gives the subject effective ways of solving problems in relations with representatives of different ethnic backgrounds, protecting against information expansion with imposed ideology and political stigmatization (V.Y.Khotinets). Investigation of the potential and psychological resources that contribute to coping with problem situations in the complex realities of modern society, expands the boundaries of the field of personal activity, due to what the most significant goals in life become achievable (A.A.Buchek, Yu.Yu.Neyaskina, M.A.Frizen and others). In connection with this, the problem of studying the psychological mechanisms of productive coping behavior as a specific ratio of functional reserve, subjective, intersubjective resources and coping strategies in overcoming obstacles acquires undoubted urgency.

At the heart of the stated problem lies a number of contradictions: *social character* - determined by the need for security, countering interethnic differences and insufficient resources of social institutions in the implementation of this task; *scientific nature* - is dictated by the need for scientific justification of the specific features of the ratio of functional reserve, subjective, intersubjective resource in correlation with coping strategies as a functional-purpose mechanism of productive coping behavior of the individual in a state of frustration in the situation of intra-cultural and intercultural interaction and inadequacy of the theoretical and methodological elaboration of the problem; *practical nature* - between the increased need of society in the development of intercultural competence, the achievement of integration and coherence in building partnership relations between representatives of different ethnogroups and the lack of mechanisms that create the necessary effect in solving the stated problem.

Degree of elaboration of the problem. The work of N.O.Belorukova (2005), M.S.Golubeva (2006), T.V.Gushchina (2005), M.S.Zamyshlyayeva (2006), O.B.Podobina (2004) is devoted to the study of psychological regularities in coping behavior.), S.A.Khazova (2002), etc. Particularly relevant is the study of the resources of the individual in the aspect of coping with difficult life situations in the home (V.A.Bodrov, 2006; E.A.Petrova, 2008; E.A.Sergienko, 2007, 2009, etc.) and foreign psychology (A.Antonovsky, 1979, 2004, S.E.Hobfoll, 1988, 1989, 2010; C.J.Holahan, R.H.Moos, 1999; B.Matheny, D.W.Aycock, 2003; D.Navon, 1984, S.Taylor, 1995, 2004, and others).

The importance of sociocultural variables for the subject in the choice of coping methods is noted in the studies of M.S.Zamyshlyayeva (2006), E.V.Kuftyak (2004), E.A.Petrova (2006), M.V.Saporovskaya (2002) and others. Culture, acting as a factor in assessing the difficulties (the state of frustration), the formation of social representations (V.V.Gritsenko, G.U.Soldatova, T.G.Stefanenko, 2016, etc.) and the choice of coping methods, sets a special social context behavior (T.L.Kryukova, 2010). The interaction of a person with the cultural world from the standpoint of the concept of a meta-individual ethnic world (V.Y.Khotinets, 2000) in the aspect of internal and external determination of human activity, behavior, activity is studied in the works of E.E.Budalina (2004), A.A.Kalinenko (2015), O.V.Kozhevnikova (2006), E.A.Molchanova (2015), S.A.Myshkina (2013), E.F.Sayfutdiyarova (2006), Y.S.Suntsova (2005), A.I.Troyanskaya (2010).

Own resources of the subject, manifested in interaction with life difficulties (a state of frustration) - coping behavior - an indicator of productive self-regulation, preservation of health and well-being (T.L.Kryukova, 2010; G.S.Nikiforov, 2013; Ch.Carver, DeLongis, 2011). The understanding of self-regulation as a certain resource of a person is represented in a number of domestic sources (T.V.Kornilova, 2007; D.A.Leontiev, 2002, 2006; V.I.Morosanova, 2007; V.A.Petrovskiy, 2007; A.O.Prokhorov, 2005, 2009; E.A.Sergienko, 2004, 2007, 2009; M.A.Kholodnaya, 2002, etc.) and foreign works (R.F.Baumeister, B.J.Schmeichel, K.D.Vohs, 2007, etc.). From the position of E.A.Sergienko (2009), control of behavior as an early form of integral regulation, which includes individual human resources, provides an individual variation of adaptation, and also helps to overcome difficult situations of development and activity. Behavioral control strategies are regarded as predecessors of coping behavior in view of the representation of the development of behavioral control as an integrative characteristic of individual regulation, where its expression determines the preferential choice of productive strategies (G.A.Vilenskaya, 2004, 2008; E.A.Sergienko, 2004, et al.). A.G.Asmolov (2007), B.S.Bratus (2006), D.A.Leontiev (2002, 2006) determined the personal determination of the processes of regulation and self-regulation of a person, emphasizes the leading role of semantic units in the indicated processes.

The object of research - is the coping behavior of the individual.

The subject of the study - is the coordination of resources and coping strategies in overcoming obstacles in the state of frustration in the situation of intra-cultural and intercultural interaction.

Theoretical hypothesis of research: productive coping behavior in the state of frustration in the situation of intra-cultural and intercultural interaction is provided by agreement - a specific relationship (link) of the functional reserve, subjective, intersubjective resource in correlation with coping strategies.

Research hypotheses:

1) the specific ratio of resources (functional reserve, subjective, intersubjective) and coping strategies in productive coping behavior in a state of frustration in the situation of intra-cultural and intercultural interaction is the specific nature of the relationship between them in terms of reinforcement, inhibition, withdrawal, compensation;

2) the specific nature of the relationship between the functional reserve, subjective, intersubjective resources and coping strategies of productive coping behavior is mediated by the conditions of interpersonal relationships, relationships of interpersonal significance, depending on the situation of intra-cultural and intercultural interaction.

The purpose of the study: to identify the nature of the relationship between the functional reserve, subjective, intersubjective resources and coping strategies in the productive coping behavior of the individual in a situation of intra-cultural and intercultural interaction.

This goal determined the **following research objectives:**

1. On the basis of the theoretical and methodological analysis of domestic and foreign sources to study the state of the problem and create the necessary theoretical justification for the research undertaken.

2. Identify the potential (psychodynamic, personal and socio-psychological properties) of overcoming difficulties in persons with high and low activity in the situation of intra-cultural and intercultural interaction.

3. Identify coping strategies of highly active and low active subjects in a state of frustration in the situation of intra-cultural and intercultural interaction.

4. To establish the specifics of the ratio of functional reserve, subjective, intersubjective resource in correlation with coping strategies for highly active and low active subjects in a state of frustration in the situation of intra-cultural and intercultural interaction.

5. Based on the specifics of the ratio of functional reserve, subjective, intersubjective resource in correlation with coping strategies, to reveal the psychological mechanisms of productive coping behavior in the state of frustration in the situation of intra-cultural and intercultural interaction, in connection with changes in the conditions of interaction (intra-cultural → intercultural) and the resource potential of the subjects.

Theoretical and methodological basis of research are:

- the fundamental position of the subject-activity approach (K.A.Abulkhanova-Slavskaya, A.V.Brushlinskiy, V.V.Znakov, S.L.Rubinstein, Z.I.Ryabikina, E.A.Sergienko), on the basis of which take into account the ability of the subject to the self-determination, the regulation of their own activity and the selective attitude to the world;

- system - subject approach (E.A.Sergienko), the main ideas which are used in the study of the regulation of behavior by an entity which is relying on individual resources and the specifics of coping with the problematic situation intra cultural and intercultural collaboration;

- the concept of coping behavior (T.L.Kryukova, E.V.Kuftyak, R.Lazarus, K.Muzdybaev, S.K.Nartova-Bochaver, S.Folkman, S.A.Khazova), based on which we study the basic mechanisms of coping behavior, strategies, methods and features of coping with personality difficulties in a situation of intra cultural and intercultural interaction;

- resource approach (V.A.Bodrov, L.A.Golovey, L.I.Dementiy, E.Y.Kozhevnikova, E.A.Petrova, E.A.Sergienko, V.A.Tolochek, S.A.Khazova, S.Hobfoll, F.Petermann, H.Scheithauer,), allowing the correlation of the terms "reserve" "resource" and "potential" in the categorical apparatus of research;

- the concept of the metaindividual ethnic world (V.Y.Khotinets), which is the basis for the organization and conduct of cross-cultural study of productive coping behavior of the individual in a state of frustration in a situation of intra cultural and intercultural interaction.

Research methods: theoretical (analysis of the research problem, construction of a formal model of the research subject); organizational (comparative, modeling of the situation of intercultural interaction); empirical: psychodiagnostics with the use of techniques - a test of the frustration (of the Picture-Frustration Study by S.Rozenzweig), a test questionnaire of the formal dynamic properties of the personality of the OFDSI (V.M.Rusalov), the test of judgments on the study of the sociability of the personality (A.I.Krupnov), a diagnostic technique for interpersonal relations (adapted version of interpersonal diagnosis by T.Liri), a

test questionnaire for diagnosing behavior in a conflict situation (K.N.Tomas), a test questionnaire for the psychological diagnosis of coping mechanisms (E.Haime)). Methods of mathematical-statistical processing of empirical data: descriptive statistics, analysis of reliability of differences by the Mann-Whitney criterion, factor analysis by the principal components method by rotation of the matrix by the Varimax type, regression analysis (construction of dependency models using the extrapolation (prediction) method - binary logistic regression). The data was processed using SPSS 11.5 for Windows.

The main results of the research and their scientific novelty. The work empirically confirmed that productive coping behavior in the state of frustration in the situation of intra-cultural and intercultural interaction is provided by agreement - a specific relationship (link) of the functional reserve, subjective, intersubjective resource in correlation with coping strategies. The established ratio of resources (functional reserve, subjective, intersubjective) and coping strategies in productive coping behavior has a specific relationship between them in terms of reinforcement, inhibition, withdrawal, compensation, which is mediated by the conditions of interpersonal relationships, relations of interpersonal significance.

Compensatory mechanisms of productive coping behavior by inversion type (inversion balancing of potential, reserves and coping resources) are revealed:

1) in the state of frustration in the situation of intra-cultural interaction with high psychodynamic potential, the role of the predictors of coping is performed by subjective and intersubjective resources, and vice versa (savings of potential), in the situation of intercultural interaction, low potential opportunities for coping are compensated by high resources of the same level of regulation of subjective activity (replenishment of potential);

2) due to changes in the conditions of interaction (intra-cultural → intercultural), low reserve and resource opportunities are compensated by high resources of the same level of regulation of subjective activity (replenishment of potential) and vice versa (removal of redundancy of potential).

The theoretical significance of the research. System-subject approach (E.A.Sergienko) expands the understanding of the mechanisms governing the behavior in a state of frustration in a situation of intra cultural and intercultural interaction based on the analysis of resource potential of subjects with different levels of activity to overcome obstacles (high active/low activity).

In the categorical apparatus of the psychology of coping behavior (T.L.Kryukova), the concept of «reconciliation of resources and coping strategies» introduced through a specific relationship (link) of the functional reserve, subjective, intersubjective resource in correlation with coping strategies, mediated by conditions interpersonal relationships, relationships of interpersonal significance and manifested in sociotypic features of personality behavior.

Resource approach (V.A.Bodrov, L.A.Golovey, L.I.Dementiy, E.Y.Kozhevnikova, E.A.Petrova, E.A.Sergienko, V.A.Tolochek, S.A.Khazova, S.Hobfoll, F.Petermann, H.Scheithauer) is expanded by data on the transition of potential opportunities into actual ones: psychodynamic potential in the functional reserve, personal in the subject resource, socio-psychological into the intersubject resource of coping with difficulties, and also about the functional-purpose mechanisms productive coping behavior in a state of frustration in a situation of intra-cultural and intercultural interaction I.

In the concept of a metaindividualized ethnic world (V.Y.Khotinets), the boundaries of the research field expand with the inclusion of the problem of interaction between the subject of coping and the multicultural world.

Practical significance of the study. The results obtained can be used: a) by practical psychologists who work together with clients based on the specifics of their subject regulation, resource opportunities and behavioral control, and also in connection with coping with difficulties in the situation of intra-cultural and intercultural interaction in a multicultural

region; b) teachers of higher education in the development of lecture courses in the disciplines «General Psychology», «Psychology of Personality», «Psychology of Coping Behavior», included in the educational program of undergraduate, graduate, postgraduate; c) employees of educational institutions, social institutions, public organizations in the preparation of programs and projects for the development of ethno-cultural initiatives aimed at shaping the attitudes of partnership interaction.

Basic provisions to be protected:

1. The relationship between the resource (functional reserve, subjective, intersubjective) and coping strategies in productive co-leading behavior in the state of frustration in the situation of intra-cultural and intercultural interaction is realized through the specific nature of the relationship between them by the type of amplification, inhibition, removal, compensation.

2. The specific nature of the relationship between resources (functional reserve, subjective, intersubjective) and coping strategies in productive co-managing behavior in the state of frustration in the situation of intra-cultural and intercultural interaction is mediated by the conditions of interpersonal relationships, relations of interpersonal significance and is associated with the sociotype behavior of the individual.

3. In the state of frustration, a compensatory mechanism is triggered according to the inversion type (inversion balancing of the potential, reserves and coping resources), which helps to save potential in the situation of intra-cultural interaction and to replenish the potential in the situation of intercultural interaction.

4. In connection with changes in the conditions of interaction (intra-cultural → intercultural), reserve and resource opportunities of low expression are compensated by high-level resources of the same level of regulation of subjective activity (replenishment of potential) and vice versa (removal of redundancy of potential).

Approbation of work. The main provisions and results of the conducted research were reported and discussed at the annual scientific and practical conferences of the Udmurt State University (Izhevsk, 2013-2016); at meetings of the Department of General Psychology of the Udmurt State University (2012-2016); at the 11th Congress of Anthropologists and Ethnologists of Russia «Contact and interaction of cultures» (Ekaterinburg, 2015); at the 5th All-Russian Scientific and Practical Conference with international participation «Practical Ethnopsychology: Actual Problems and Development Prospects» (Moscow City Psychological and Pedagogical University, Psychological Institute of the Russian Academy of Education, Moscow, 2015); at the conference «Psychology of Individuality» (Higher School of Economics, Moscow, 2015); at the VI International Scientific and Practical Conference: «Man and the World: World Creation, Conflict and Mediation in the intercultural world» (Izhevsk, 2016); IV International scientific conference «Psychology of stress and coping resources, health and development» (Kostroma state University, Kostroma, 2016); all-Russian scientific-practical conference «Theory, methodology and practice integral research of individuality in modern humanism», XXXI Merlinskies reading (Perm state humanitarian-pedagogical University, Perm, 2016). The results of the work implemented in the project RFH (No. 15-13-18001a(R)) on the topic: «Mechanisms of regulation of non-repayable educational migration in the Republic of Udmurtia» (2015-2016). According to the study published 14 papers, 4 of which – in journals recommended by the VAK.

The reliability of the research results is provided based on strictly proved and properly used the findings of basic and applied Sciences, which has found application in the work; the source of consistent methodological principles and theoretical propositions of the work; a combination of complex theoretical and empirical methods and procedures that are adequate to the aim and objectives of the study, the representativeness of the sample of subjects.

Compliance of the thesis the passport of scientific disciplines. Reflected in the thesis research are in compliance with the paragraphs of the specialty 19.00.01 – «General psychology, personality psychology, history of psychology»: p. 15 «the Emotional tension, frustration, stress. Reaction to frustration»; p. 29 «the Viability, sustainability and situational conditionality of behavior»; p. 37 «Ethnopsychology».

Structure and scope of the thesis. The thesis consists of an introduction, two chapters, conclusion and findings, bibliography and applications. Work contained 260 pages: the main part – 135 pages, apps – 124 pages. The work contains 150 tables and 1 scheme. The list of references consists of 282 names, including 53 foreign language.

THE MAIN CONTENT OF THE WORK

In the introduction substantiates the choice of the topic and its relevance; define the purpose, objectives, object and subject of research; reveals the scientific novelty, theoretical and practical significance of the work; formulate hypotheses and propositions for protection; lists methods used; the data about approbation of the received results.

In the first chapter «Theoretical and methodological foundations of the study of coordination of resources and coping strategies to overcome obstacles» discusses the theoretical basis of studying the problems of identification of productive mechanisms of coping behavior in a state of frustration in a situation of intra cultural and intercultural interaction.

In the first paragraph presents the main provisions of the system-subject and resource approaches to the study of mechanisms of regulation of activity of the subject, the essence and patterns of coping behavior of the subject, examines the strategies of coping as elements of conscious behavior, which gives the subject the opportunity to overcome the difficulties (frustration state).

In the first paragraph of the psychology of coping behavior is considered as an interdisciplinary field of study that guides scientific research to the analysis of processes, mechanisms of self-regulation and behavior control (I.I.Vetrova, 2011), psychological defenses (O.S.Nikolskaya, 2000; N.E.Kharlamenkova, 2008), individual psychological characteristics and resource potential of the personality (V.A.Bodrov, 2006; T.L.Kryukova, 2004; E.A.Sergienko, 2008), factors determining choice of coping strategies (T.L.Kryukova, 2004; S.K.Nartova-Bochaver, 1997; M.A.Kholodnaya, 2008). It is noted that the choice of the subject of coping strategies due to a combination of different determinants: dispositional, situational, socio-cultural, regulatory and socio-psychological (T.L.Kryukova, 2004, 2008).

In the work from the perspective of system-subject approach shall be based on the theoretical base of the construct «control of behavior», which is the basis of self-regulation and relying on individual resources as the basis for internal regulation of behavior. So, a person has different capabilities of cognitive control, emotional regulation and self-regulation (volitional control) of their own behavior that becomes the internal conditions for the selection of interactions with the environment and the specific behavior in different situations. Regulation of the subject in this sense is based on individually specific patterns of internal capabilities of adaptive behavior. Control behavior implements the level of the subject organization on the conscious/unconscious levels (E.A.Sergienko, 2007, 2009), the effectiveness of which is determined by the ratio of the realized mental resources and strategies of solving problems in life (I.I.Vetrova, 2011).

In the framework of the resource approach in the paper, the idea of realization of the subject of activity at different levels is provided by psychophysiological, psychodynamic reserves of the body and mental resources of the subject, closely interacting, forming a person's potential and providing productive behavior. It is noted that the study of interaction in the

system «man-living environment» in the context of human potential actualizes the study of the formation mechanisms and their use in difficult situations (frustration state) (L.A.Aleksandrova, 2004; V.A.Bodrov, 2000, 2006; N.E.Vodopyanova, 2011; L.I.Dementiy, 2013; L.G.Dikaya, 2011; L.I.Kobylyanskaya, 2013, 2015; by T.L.Kryukova, 2005, 2007, 2010; E.V.Kuftyak, 2010; E.A.Petrova, 2007, 2010; M.V.Saporoskaya, 2012; S.A.Khazova, 2014; S.Folkman, 2000; S.E.Hobfoll, 2011; S.Maddi, 1998, 2001; K.B.Matheny, 2003, etc.).

The paper develops the idea that potential outlines the scale of the regulatory capacity of the person and direction of their implementation, combining psychodynamic, personal and socio-psychological characteristics necessary for the production of programs of behavior, adequate to the changing conditions of life. In the transition from possible to actual, psychodynamic potential becomes a functional reserve (energodynamics the basis of mental activity), personal and subjective, socio-psychological – intersubjective resources (mechanisms of regulation of activity of the subject associated with experience achieve behavioral) coping with difficulties (frustration state) (S.A.Khazova, 2014). Substantiates the idea that the functional utility of resources is manifested in the development and preservation of optimal personality functioning that is revealed in the subjective «picture» of the resource supply in relation to coping strategies (sequentially linked action deterministic specific situation), where the expansion of the «resource base» increases resistance and creates the possibility of recovering the lost, admits to the real and potential situations of challenge (frustration state).

The paper emphasizes the presence of a mismatch in the views on the available resources, and the options of choice of coping strategies and their effectiveness among representatives of different cultures (C.Chun, R.N.Moos and R.C.Cronkite, 2006; A.G.Lam and N.W.Zane, 2004, etc.). Modern scientists are in favor of multiculturalism in the prospects of the study of stress and coping (B.C.Kuo, G.Roysircar, I.R.Newby-Clark, 2006; P.T.P.Wong and L.C.J.Wong, 2006, etc.), as well as records of various contextual factors applicable to the assessment and understanding of coping (C.M.Aldwin, 2007; S.Hobfoll, 2001; R.N.Moos, 2002; B.C.Kuo, 2011). That is why special attention receive cross-cultural study of coping with difficulties (frustration state) in the situation of intra cultural and intercultural interaction, learning culture specific features of coping behavior.

In the second paragraph, the existing approaches to studying the state of frustration in domestic and foreign psychology are analyzed, and the peculiarities of coping with difficulties (the state of frustration) in the situation of intercultural interaction are revealed.

The paragraph reveals the notion that the ability of a person to cope with the harmful effects from outside is one of the most important triggers in the actualization and realization of personal potential. In this connection, the problem of frustration and the conditions for overcoming it becomes of special interest (T.D.Dubovitskaya, A.R.Erbegeeva, 2010).

In the dissertation research, frustration is described as a state of psychological difficulty arising in the presence of a strong motivation for the subject to achieve the goal, solving the problem (meeting the need), and obstacles that prevent this achievement, expressed in the characteristic features of experience and behavior. It is noted that overcoming the state of frustration has a significant impact not only on the effectiveness of the activity undertaken, but also on the formation of the individual as a whole (M.E.Valiullina, 2011; F.E.Vasilyuk, 1984, 1995; G.Sh.Gabdreeva, 2004, 2011, M.M.Garifullina, 2011; A.I.Eremeeva, 2005; E.I.Kirschbaum, 2005; E.I.Kuzmina, 1997; N.D.Levitov, 1967, 2002, 2006; V.D.Mendelevich, 2011; A.O.Prokhorov, 2004, 2005, 2009, 2011; N.V.Tarabrina, 1983, 2009; R.Crutchfield, D.Krech, N.Livson, 1991; S.Rosenzweig, 1945, etc.). The paper notes that at present there are many works emphasizing the relationship between individual characteristics and the specifics of coping with difficult situations (the state of frustration), in view of the need to search for productive, optimal ways of functioning of a person in society.

It is emphasized that the idea of the state of frustration and the awareness of patterns of copulation are conducive to comprehending the specifics, understanding cultural features and establishing productive interaction with representatives of other ethnogroups, where in the period of the unstable development of modern society it is culture that supplies its resources, arming the person with effective and productive ways of coping (V.Y.Khotinets, 2016).

In the third paragraph, the concept of a meta-individual ethno-cultural world (V.Y.Khotinets) is presented, from the position of which the problem of productive coping behavior in the state of frustration in the situation of intra-cultural and intercultural interaction finds its solution.

In the paragraph, the relevance of the paradigm of modern psychological research is examined, devoted to the study of the features of the manifestation of cross-cultural characteristics in stressful situations (the state of frustration), the choice of strategies for behavior and the specific influence of socio-cultural factors on coping with difficulties. It is noted that regardless of culture, people inevitably encounter obstacles that actualize the need to adapt, survive and cope, which is the most important universal experience of the subject. The idea that the difficulties of intercultural interaction can be connected with the lack of ideas about the unique originality of each culture and the readiness for intercultural dialogue is grounded (T.L.Kryukova, 2015).

Thus, based on the results of the first chapter of the dissertation research, a tested theoretical model has been developed, according to which productive coping behavior in the state of frustration in the situation of intra-cultural and intercultural interaction is triggered by agreement - a specific relationship of the functional reserve, subjective, intersubjective resource in relation to coping - strategies.

The established ratio of resources (functional reserve, subjective, intersubjective) and coping strategies in productive co-managing behavior receives a specific character of the relationship between them, which can be defined as: *effective* - increasing the probability of selecting adaptive strategies (strengthening), reducing the probability of selecting non-adaptive strategies (inhibition); *constructive* - reducing the probability of selecting adaptive and relatively-adaptive coping strategies (removal); *compensatory* - maintaining the equilibrium of the reserve and the resource of coping (compensation).

In the second chapter, «Empirical study of the coordination of resources and coping strategies in overcoming obstacles (on the example of the situation of intercultural and intercultural interaction)» describes the stages of the empirical study and discusses its results.

In the first paragraph, the research procedures, methods, their diagnostic capabilities are presented, data on their reliability and validity are given.

The empirical base of the study was a sample of 168 students aged 17-22 years ($M = 19$) studying at the Udmurt State University (Izhevsk): 85 Udmurt students (women - 77 (90.6%), men - 8 (9.4 %)) and 83 Russian students (women - 75 (90.4%), the men - 8 (9.6%). The ethnic identity of the participants was determined by self-reports taking into account objective and subjective signs.

In the empirical part of the work students are declared as subjects, representing a separate age category. Since it is the student's age, characterized by the development of all the components of the personality, the formation of active self-awareness, self-regulation and ideas about own resources opportunities, a wide repertoire of constructive coping strategies that contribute to successful adaptation and development of the personality as a whole, this is the period of the formation and stabilization of character, the manifestation of moral and ethnic feelings (B.G.Ananiev, I.A.Zimnya, M.V.Zhuikova, S.A.Khazova and others).

In the course of the empirical study, a modification of the graphic frustration test (S.Rosenzweig, 1990) was used as the first basic technique, which modeled the «hit» in the

inocultural environment for the subject (E.I.Shlyagina, S.N.Enikolopov, 2011). The material of the test consists of a series of 24 drawings, which depicts characters who found themselves in frustrating situations of various types. The test allows to reveal the peculiarities of the reaction to frustration, where through the variables, in the test parameters, the dominant directions of the reaction and possible proportions of the reaction types are fixed. The degree of social adaptation and personal tolerance (stability) to frustration are determined.

According to the design of the study, two series of tests were carried out, in each of which the diagnostic material presented was accompanied by a specific instruction: in the first case, the subjects were asked to present themselves in the situation of interaction with representatives of their ethnogroup (the situation of intra-cultural interaction), in the second - with representatives of another ethnogroup the situation of intercultural interaction). Based on the results of the two series of tests, groups were identified for the implementation of the assigned tasks according to the criterion for the activity of overcoming obstacles:

1) with «high activity of overcoming obstacles» in the situation of intra-cultural and intercultural interaction. Directivity of the reaction: introropunitivnye reaction in the form of manifestation of initiative in resolving a conflict situation, meeting situationally arisen needs (i). Type of reaction: need-persistent / resolving / with fixation on the satisfaction of the need. The index of independence is 3.43.

2) with «low activity of overcoming obstacles» in the situation of intra-cultural and intercultural interaction. Directivity of the reaction: extra-punitive reactions in the form of fixation on the obstacle and stressing the presence of embarrassment (E'), in the form of aggressive attacks and accusations against the other (E), in the form of withdrawing obligations and shifting them to the shoulders of others; introropunitivnye reactions in the form of recognition of the good, occurring or blame for the deed (I'), in the form of confession of guilt and responsibility in a frustrating situation (I). Type of reaction: obstacle-dominant / with fixation on the obstacle; ego-protective / with a fixation on self-defense. The index of independence is 1.54.

Then, on the basis of the received data, in the first case, differentiation of subjects with different ethnic affiliation according to the level of activity of overcoming obstacles in different interaction conditions (intracultural / intercultural) was carried out. The results of the first series of tests (the situation of intra-cultural interaction): with a high activity of overcoming obstacles - 31 people, with low activity of overcoming obstacles - 35 people in the Udmurt sample; with a high activity of overcoming obstacles - 32 people, with low activity of overcoming obstacles - 30 people - in Russian. The results of the second series (the situation of intercultural interaction): with a high activity of overcoming obstacles - 33 people, with low activity of overcoming obstacles - 36 people in the Udmurt sample; with a high activity of overcoming obstacles - 34 people, with low activity of overcoming obstacles - 31 people - in Russian.

In the second case, differentiation of subjects with different ethnic backgrounds was carried out according to the level of activity of overcoming obstacles in connection with changes in the conditions of interaction (intra-cultural → intercultural). Thus, in subjects with a **high activity** of overcoming obstacles, there is a change in the type of reactions to: obstacle-dominant / with fixation on the obstacle and ego-protective / with fixation on self-defense. In subjects with a **low activity** of overcoming obstacles, the type of response to the need-insistent / fixing on meeting the needs changes.

To identify the functional reserve, a questionnaire was used by V.M.Rusalov to assess the formal dynamic properties of individuality (OFDSI); for research of a subjective resource - the test of judgments of study of sociability of the person (A.I.Krupnov); to identify the intersubjective resource - the method of diagnosis of interpersonal relations (T.Liri) and the questionnaire of K.N.Thomas, aimed at diagnosing behavior in a conflict situation; to identify

coping strategies - a test questionnaire for the psychological diagnosis of coping mechanisms (E.Haime).

The second paragraph discusses the results of research on the potential (psychodynamic, personal and socio-psychological properties) of overcoming difficulties in people with high and low activity in the situation of intra-cultural and intercultural interaction.

To establish statistically significant differences between the indicators of the compared groups, the U-Mann-Whitney criterion was used. It is established that the highly active Udmurt's in the state of frustration are distinguished by higher values according to the formal dynamic scales of communicative activity in their relations with their people and the expression of altruistic motives (the motivational component of sociability) with the predominance of conformist attitudes in relations with representatives of other ethnogroups. Highly active Russians in a state of frustration are distinguished by an active type of self-regulation (the regulatory component of sociability) with cooperative intentions to resolve the problem situation to a greater extent in intercultural than in intra-cultural interaction. This allows us to talk about the potential of psychodynamic properties to act as a functional reserve (for example, in highly active Udmurt's in a situation of intra-cultural interaction), and personal and socio-psychological qualities become resources (for example, in highly active Russians in the intra-cultural and Udmurt's in intercultural interaction) range of regulatory opportunities and the direction of their implementation in the problem situation of intercultural interaction.

To create a construct of the potential (psychodynamic, personal and socio-psychological properties) to overcome difficulties in highly active and low-active subjects in the situation of intra-cultural and intercultural interaction, factor analysis of the indices by the main component method was used by rotation according to Varimax type with subsequent transformation of values. As a result of the procedure, six factors were identified in each group, describing separately from 60.62% to 71.07% of the variance. Factors were named in accordance with the name of the variable that assumed the maximum factor load. The summary results are presented in Table 1.

Table 1

Summary results of factor mapping of indicators of psychodynamic, personal and socio-psychological properties of highly active and low-active subjects in the state of frustration in the situation of intra-cultural and intercultural interaction

Potential: psychodynamic, personal and socio-psychological properties					
Factors	Factor load	% variance	Factors	Factor load	% variance
Representatives of the Udmurt group with high activity in the state of frustration in the situation of intra-cultural interaction			Representatives of the Udmurt group with high activity in a state of frustration in the situation of intercultural interaction		
I. Index of psychomotor activity	-0.76	12.53	I. Plasticity intellectual	0.84	12.86
II. Index of communicative activity	0.92	11.68	II. Self-centeredness	0.73	10.78
III. Shadowiness	0.81	11.64	III. The index of total emotionality	0.85	10.26

IV. Awareness	0.92	10.51	IV. Collaborative-conventional type of interpersonal relations	0.74	9.86
V. Vlastnyi-leading type of interpersonal relations	0.86	7.87	V. Operative difficulties	0.83	9.11
VI. Dependent-obedient type of interpersonal relations	0.72	7.49	VI. Cooperation	0.76	7.75
Representatives of the Udmurt group with low activity in a state of frustration in the situation of intra-cultural interaction			Representatives of the Udmurt group with low activity in a state of frustration in the situation of intercultural interaction		
I. Index of communicative activity	0.94	15.39	I. Egocentricity	0.83	13.46
II. Egocentricity	0.87	14.52	II. Plasticity intellectual	0.85	12.10
III. Intention	0.81	12.19	III. Human difficulties	0.83	11.32
IV. Index of psychomotor activity	0.93	9.37	IV. Responsible-generous type of interpersonal relations	0.76	9.06
V. The index of general emotionality	0.89	8.92	V. The speed of communicative	0.79	7.63
VI. Pryamolinhny-aggressive type of interpersonal relations	0.82	6.61	VI. Psychomotor emotionality	0.84	7.61
Representatives of a Russian group with high activity in a state of frustration in the situation of intra-cultural interaction			Representatives of a Russian group with high activity in a state of frustration in the situation of intercultural interaction		
I. Index of communicative activity	0.86	16.76	I. Personal difficulties	-0.79	14.79
II. Index of general emotionality	0.89	12.40	II. Computer-conventional type of interpersonal relations	0.82	11.99
III. Index of intellectual activity	0.79	11.85	III. Index of general emotionality	0.92	10.29
IV. Index of psychomotor activity	0.88	11.26	IV. Sociocentricity	0.80	9.79
V. Interference	0.87	9.68	V. Index of psychomotor activity	0.89	9.04
VI. Adaptation	0.75	7.13	VI. Adaptation	-0.64	6.39
Representatives of the Russian group with low activity in a state of frustration in the situation of intra-cultural interaction			Representatives of a Russian group with low activity in a state of frustration in the situation of intercultural interaction		
I. Meaningfulness	0.82	17.67	I. Index of total activity	0.94	14.03
II. Index of general emotionality	0.90	17.55	II. Sociocentricity	0.74	12.05
III. Index of psychomotor activity	0.77	10.35	III. Subjectivity	0.84	10.61
IV. Independent-dominant type of interpersonal relationships	0.88	9.95	IV. General emotionality index	0.91	9.88
V. Index of communicative activity	0.78	9.47	V. Responsible-generous type of interpersonal relations	0.85	9.58
VI. Adaptation	0.77	6.08	VI. Independent-dominant type of interpersonal relations	0.79	8.42

Based on the results of the factorization of indicators, it is established that communicative activity (integral indicator of formal dynamic properties) can be considered as a psychodynamic potential of ethnic subjects in the situation of intra-cultural interaction. The potential for overcoming difficulties in highly active Udmurt's is «stenichnost» (the dominance of positive emotions and experiences in the course of communication) (personal potential), disjunctive type of interpersonal relationships, with a setting for social activity and a conjunctive type of interpersonal relationships with a pronounced tendency to manifest altruism (socio-psychological potential), Russians – «internality» (active type of self-regulation of sociability) (personal potential) and «style of adaptation» (cooperative intentions times solving the problem situation) (socio-psychological potential). The «self-centeredness» (personal autonomy) of the Udmurt's and the «meaningfulness» (deep and holistic notions of sociability) were connected to the personal potential of subjects with low activity among Russians with a low activity.

In the situation of intercultural interaction, the potential for overcoming difficulties in highly active subjects is «emotionality» (susceptibility to the unknown and avoidance, in order to accumulate forces to counter future difficulties) (psychodynamic potential) and a pronounced attitude toward cooperation and compromise (socio-psychological potential), in low-active subjects fixed normative behavior (socio-psychological potential). The «self-centeredness» (personal autonomy) of the Udmurt's and the «sociocentricity» (openness) of the Russians are connected to the personal potential in overcoming communicative barriers in intercultural interaction.

In connection with changes in the conditions of interaction (intracultural → intercultural) in the state of frustration, in the highly active subjects, according to the factorization results, an increase in adaptability (psychodynamic potential) and self-discipline (personal potential) have been established. At the same time, the Udmurt's have a compromise of behavior (socio-psychological potential), while Russians have a conjunctive type of interpersonal relations with a predominance of conformity of attitudes, combined with perseverance in achieving the conceived (socio-psychological potential). The potential for overcoming difficulties in low-active subjects is «emotionality» (psychodynamic potential), while «self-centeredness» (personal autonomy) in Udmurt's is compensated by «awareness» (superficial nature of judgments about sociability) (personal potential) and disjunctive type of interpersonal relations with distance-setting (social and psychological potential). The Russians «personal difficulties» (difficulties in implementing sociability) are resolved due to the pronounced «sociocentricity» (personal potential) outside competitive interaction (social and psychological potential).

The third paragraph presents the results of a frequency analysis of coping strategies in highly active and low active subjects in a state of frustration in a situation of intra-cultural and intercultural interaction. The most preferred choice of coping strategies was determined taking into account the measure of the central trend - the median, to establish statistically significant differences between the indicators, the U-Mann-Whitney criterion was used.

It is established that in a state of frustration in a situation of intra-cultural and intercultural interaction, Russians and Udmurt's living in a single territory are optimistic about the favorable outcome of a difficult situation in inter-ethnic relations. Highly active subjects use behavioral coping strategies of active social interaction to a greater extent. Low-active subjects are cognitive coping strategies characterized by disbelief in their own abilities and a distortion of perception of emerging difficulties - in a situation of intra-cultural interaction, and emotional ones, suggesting obedience and avoiding feelings, blaming oneself - in the intercultural.

In the state of frustration in the situation of intra-cultural interaction, highly active Udmurt's use forms of behavior that involve comparison in relation to others in the same

difficult situation («relativity» (cognitive, relatively adaptive)), Russians try to «maintain self-control» and maintain faith in their own resources (cognitive, adaptive). Low-active Udmurt's prefer isolation and («suppression of emotions» (emotional, nonadaptive)), Russians move away from active interpersonal contacts, retire, pragmatically reflecting on themselves and their interests («retreat» (behavioral, nonadaptive)).

In the state of frustration in a situation of intercultural interaction, highly active subjects can afford to temporarily move away from solving problems by switching to a different sphere of life «distraction» (emotional, nonadaptive), while low-level subjects compensate for the threat by satisfying their own needs and desires delivering pleasure and pleasure «compensation» (behavioral, relatively-adaptive).

At the same time, highly active Udmurt's tend to analyze what is happening and search for solutions («problem analysis» (cognitive, adaptive)), in the event of a destructive outcome they can blame themselves and dutifully accept the hard lot («self-incrimination» (emotional, nonadaptive). are oriented toward finding support in the nearest social environment («treatment» (behavioral, adaptive).) Low-active subjects often choose non-adaptive coping strategies, such as «suppression of emotions» (emotional), «dissimulation» (cognitive), «self-incrimination» (emotional), «active avoidance» (behavioral).

Due to changes in the conditions of interaction (intracultural → intercultural) in the state of frustration, highly active subjects are assured of a favorable outcome of a difficult situation, are subject to temporary withdrawal from solving problems for the purpose of understanding the situation - Udmurt, switch to another sphere of life - the Russians. In general, subjects with high activity are noted to expand the range of selective coping strategies and their uniform distribution in accordance with the three main spheres of mental activity. Low-active subjects found a narrowing of the variability of the chosen coping strategies, which is manifested in the choice of behaviors that help to reduce the severity, the manifestation of obedience and the suppression of feelings of adequate situations - in the Udmurt's, retreat in overcoming difficulties with giving meaning to their actions - in Russians.

In the fourth paragraph, the results of determining the specific features of the ratio of functional reserve, subjective, intersubjective resource in correlation with coping strategies for highly active and low-active subjects in the state of frustration in the situation of intra-cultural and intercultural interaction are given.

As a result of the binary logistic regression procedure, the coefficients and the constants of the equations were obtained to determine the probability of selecting coping strategies depending on the severity of individual factors: the psychodynamic, personal and socio-psychological potential of ethnic subjects in a state of frustration in the situation of intra-cultural and intercultural interaction. The nature of the relationship between the potential variables and the coping strategies in the regression equation expresses the transition of potential opportunities into actual ones, namely: the transition of the psychodynamic potential into a functional reserve, the personal to the subjective resource, the socio-psychological into the intersubjective resource of coping with difficulties. The ratio of the functional reserve, subjective, intersubjective resource in correlation with coping strategies is revealed, which allows talking about functional-purpose mechanisms that realize coping behavior in a peculiar way depending on the reserves and human resources. It has been established that productive coping behavior in the state of frustration in the situation of intra-cultural interaction among highly active and low-active subjects is triggered by mechanisms, namely, the coordination of resources and coping strategies (the constructive correlation in the form of the involved coping strategies and the correlation by the type of withdrawal (table 2) in coping behavior).

Table 2

The coefficients of the binary logistic regression equation for determining the probability of choosing a copy strategy «preservation of self-control» depending on the factors (predictors) of highly active representatives of the Udmurt group in a state of frustration in the situation of intra-cultural interaction

Variables in the Equation							
		Coefficient of regression	Standard error	Wald	df	Sig	Exp(B)
Step 1 ^a	Factor 6 ("dependent-compliant")	-1.70	0.88	3.76	1	0.05*	0.18
	Constant	-2.78	0.99	7.88	1	0.01	0.06

Note: * - the value of the regression coefficient is statistically significant ($p < 0.05$); The R-square of the Neydezhelkerk is 0.32.

In the situation of intercultural interaction, productive coping behavior is triggered by mechanisms, namely, the coordination of resources and coping strategies (for highly active subjects: effective, constructive and compensatory, low-active: constructive and ineffective correlation in the form of the involved coping strategies and correlation by type of amplification, inhibition, removal, compensation, cohesion in coping behavior (table 3).

Table 3

The coefficients of the binary logistic regression equation for determining the probability of selection of coping strategies, depending on the factors (predictors) of highly active and low active subjects in a state of frustration in the situation of intra-cultural and intercultural interaction

Variables in the Equation							
The probability of choosing a coping strategy «protest» depending on the factors (predictors) of highly active representatives of the Russian group in the state of frustration in the situation of intercultural interaction							
		Coefficient of regression	Standard error	Wald	df	Sig	Exp(B)
Step 1 ^a	Factor 3 («general emotionality index – IOE»)	1.69	0.79	4.51	1	0.03*	5.40
	Constant	-2.88	0.91	10.03	1	0.00	0.06
Variables in the Equation							
The probability of choosing a coping strategy "self-incrimination" depending on the factors (predictors) of highly active representatives of the Udmurt group in the state of frustration in the situation of intercultural interaction							
Step 1 ^a	Factor 4 («cooperative-conventional»)	-1.85	0.73	6.46	1	0.01*	0.16
	Constant	-2.05	0.71	8.25	1	0.00	0.13

Step 2 ^b	Factor 4 («cooperative-conventional»)	-2.52	1	6.35	1	0.01*	0.08
	Factor 5 («operational difficulties»)	-2.22	1.01	4.78	1	0.03*	0.11
	Constant	-3.36	1.34	6.27	1	0.01	0.04
Variables in the Equation The probability of choosing a coping strategy «problem analysis» depending on the factors (predictors) of highly active representatives of the Russian group in the state of frustration in the situation of intercultural interaction							
Step 1 ^a	Factor 4 («sociocentricity»)	-2.21	0.91	5.84	1	0.02*	0.11
	Constant	-3.48	1.21	8.33	1	0.00	0.03
Variables in the Equation The probability of choosing a coping strategy is «passive cooperation» depending on the factors (predictors) of highly active representatives of the Russian group in a situation in the situation of intercultural interaction							
Step 1 ^a	Factor 6 («style of adaptation»)	1.60	0.65	6.12	1	0.01*	4.95
	Constant	-2.47	0.75	10.75	1	0.00	0.08
Step 2 ^b	Factor 3 («general emotionality index – IOE»)	-3.64	1.89	3.71	1	0.05*	0.03
	Factor 6 («style of adaptation»)	3.80	1.76	4.67	1	0.03*	44.52
	Constant	-5.58	2.37	5.53	1	0.02	0.00
Variables in the Equation The probability of choosing a coping strategy «retreat» depending on the factors (predictors) among low-active representatives of the Russian group in the state of frustration in the situation of intercultural interaction							
Step 1 ^a	Factor 6 («independent-dominant»)	1.06	0.58	3.31	1	0.07	2.88
	Constant	-2.64	0.77	11.71	1	0.00	0.07
Step 2 ^b	Factor 4 («general emotionality index – IOE»)	2.72	1.56	3.05	1	0.08	15.17
	Factor 6 («independent-dominant»)	1.89	0.90	4.40	1	0.04*	6.63
	Constant	-4.93	2.13	5.35	1	0.02	0.01

Note: * - the value of the regression coefficient is statistically significant ($p < 0.05$); The R-square of the Neydezhelkerk is 0.37 / 0.70 / 0.53 / 0.69 / 0.62.

It has been established that in a state of frustration in the situation of intercultural interaction, productive coping behavior is largely triggered by mechanisms, namely, the coordination of resources and coping strategies (a constructive correlation in the form of the involved coping strategies and correlation by the type of withdrawal in coping behavior, certain coping strategies (their expediency is lost) due to mobilization of culturally-conditioned resources (ethnopsychological characteristics). «Dependent-obedient» type interpersonal relations (intersubjective resource) in Udmurt's reduces the probability of selecting (removing) the strategy of «maintaining self-control» (cognitive, adaptive) (Table 3), «sociocentricity» (subjective resource) among Russians reduces the probability of selecting (removing) the strategy of «problem analysis» (cognitive, adaptive) (table 3).

The data obtained are consistent with previously established facts demonstrating the character of the affective communication style for Udmurt's, which manifests itself in adapting to the feelings of others with high control of one's own emotions, an intuitive understanding

of the situation, and the absence of imposing one's own point of view. For Russians, the desire to implement an instrumental communication style, oriented to active interaction with the environment, giving importance to the comprehension and rethinking of information, rationality and rationality, used in achieving the goals set. In interpersonal interaction Udmurt's take into account the needs of others to establish group harmony, the Russians defend their positions and their own opinion (V.Y.Khotinets, 2016).

Obviously, with such a resource-saving, the need for additional efforts to preserve self-control among the Udmurt's is removed and the need for a problem analysis of the situation among Russians in counteracting the factors that threaten to destabilize inter-ethnic relations is removed. The power of resources (ethnopsychological features) is sufficient to confront challenges and risks without additional efforts (coping methods), because copying itself is included in ethnotypical behavior models.

Due to changes in the conditions of interaction (intra-cultural → intercultural) in a state of frustration, productive coping behavior is triggered by mechanisms, namely, the coordination of resources and coping strategies (for highly active - effective, constructive (with the characteristic safety previously developed and the possibility of expanding the existing range) - Ineffective correlation in the form of the involved coping strategies and correlation by type of amplification, inhibition, removal of them in coping behavior).

Thus, in the work it is confirmed that in the situations of intercultural and intercultural interaction, as well as in connection with changes in the conditions of interaction (intra-cultural → intercultural), the coordination of resources (functional reserve, subjective, intersubjective) and coping strategies of productive coping behavior of the individual is related to the peculiarities of the sociotypic behavior in which coping strategies are laid down.

In the fifth paragraph, the establishment of psychological mechanisms of productive coping behavior in the state of frustration in the situation of intra-cultural and intercultural interaction, in connection with changes in the conditions of interaction (intra-cultural → intercultural), and resource resources is discussed on the basis of the specific relationship between functional reserve, subjective, intersubjective resource in correlation with coping strategies abilities of subjects.

The compensatory mechanism of the potential of productive intercultural interaction by inversion type (inversion balancing of potential, reserves and coping resources) in highly active subjects in a state of frustration is discovered. In the situation of intracultural interaction, with high manifestation of psychodynamic properties (potential), personal and socio-psychological properties become predictors of coping behavior, and therefore subjective and intersubjective co-ownership resource, and vice versa, with high personal and socio-psychological properties (capacity) as predictors of coping behavior are psychodynamic properties, i.e. functional reserve, which leads to the economy of potential using the possibilities of different levels of regulation of subjective activity. In the situation of intercultural interaction, the psychodynamic properties (functional reserve) appear in a number of predictors in a series of predictors, respectively, with a low degree of certain personal and socio-psychological properties, the properties of these levels are included in the composition of the influencing factors of coping behavior, thereby obtaining the status of a subject and intersubject resource of coping, which contributes to the replenishment of the potential at certain levels of regulation of subjective activity.

The compensatory mechanism of the productive intercultural interaction potential according to the inversion type (inversion balancing of the potential, reserves and coping resources) is revealed in the state of frustration in connection with the changes in the interaction conditions (intra-cultural → intercultural), where psychodynamic properties (functional reserve) appear in the predictors series under an underestimated psychodynamic potential, similarly, with a low degree of certain personal and socio-psychological properties,

the composition of the influencing factors of coping behavior includes the properties of these levels, thereby obtaining the status of subjective and intersubjective copying resource. Obviously, this mechanism realizes the replenishment of the potential at certain levels of regulation of subjective activity, and vice versa, which helps to remove the redundancy of the potential.

Conclusions

1. In the dissertation study, the idea is laid that the regulation of the behavior of the personality is ensured by the potential (psychodynamic, personal and socio-psychological properties as potential possibilities), functional reserve and resources (subjective, intersubjective), connected at different levels of realization and regulation of subjective activity. The coordination of the functional reserve, subjective, intersubjective resource with coping strategies is considered as a functional-purpose mechanism of productive coping behavior of an individual in a state of frustration in a situation of intra-cultural and intercultural interaction, aimed at maintaining and maintaining a balance between environmental requirements and reserves / resources that satisfy them.

2. According to the results of the empirical study, it is established that the active scales in the communicative sphere (psychodynamic level), the dominance of positive emotions, experiences in the course of communication and internal self-control (personal level) among highly active subjects, serve as the potential for overcoming difficulties in the situation of intra-cultural interaction; personal autonomy and content (personal level) among low-activity subjects are combined with homonarity, the predominance of non-conformist tendencies (socio-psychological level) in interpersonal relationships.

The emotional potential in the psychomotor, intellectual and communicative spheres (psychodynamic level), personally significant motivation low-level subjects.

In connection with the changes in the conditions of interaction (intracultural → intercultural), it is revealed that adaptivity (psychodynamic level) is the potential for overcoming difficulties in a selective set. At the same time, in highly active subject's self-discipline (personal level) is combined with a compromise of behavior in interpersonal interaction (socio-psychological level), in low-active subjects, the difficulties of sociability are resolved through superconformity (personal level) outside competitive interaction (socio-psychological level).

3. In the state of frustration in the situation of intra-cultural interaction, coping strategies are identified that are aimed at reinforcing one's own value and increasing self-control among highly active subjects, avoiding active interpersonal contacts in low-active subjects.

In the state of frustration in the situation of intercultural interaction, a preferential choice of behavioral coping strategies of active social interaction is established, involving the reorganization, correction of plans, tasks and modes of activity of highly active subjects; emotional coping strategies, expressing outrage and protest in relation to difficulties, variants of behavior aimed at relieving stress by low-level subjects.

Due to changes in the conditions of interaction (intracultural → intercultural) in the state of frustration, an expansion of the range of selective coping strategies and their uniform distribution in the cognitive, behavioral and emotional spheres in highly active ones is recorded; narrowing the variability of the selected coping strategies, manifested in the choice of inactive behaviors in low-activity subjects.

4. It is established that in a state of frustration a specific ratio of resources (functional reserve, subjective, intersubjective) and coping strategies in productive co-existing behavior, a specific character of the relationship between them is observed as a type of withdrawal in

the situation of intra-cultural interaction; amplification, inhibition, removal in connection with changes in the interaction conditions; compensation, cohesion in the situation of intercultural interaction. In situations of intercultural and intercultural interaction, in connection with changes in the conditions of interaction (intra-cultural → intercultural), coordination of resources and coping strategies of productive coordinating behavior of the individual is associated with the peculiarities of sociotypic behavior in which coping strategies are laid.

5. Compensatory mechanisms of productive coping behavior by inversion type (inversion balancing of potential, reserves and coping resources) are revealed: in the situation of intra-cultural interaction with high psychodynamic potential, the role of predictors of coping is performed by subjective and intersubjective resources and vice versa (economy of potential); in the situation of intercultural interaction, low potential opportunities for coping are compensated by high resources of the same level of regulation of subjective activity (replenishment of potential). In connection with changes in the conditions of interaction (intra-cultural → intercultural), reserve and resource opportunities of low expression are compensated by high resources of the same level of regulation of subjective activity (replenishment of potential) and vice versa (removal of redundancy of potential).

In the final part of the work based on the results of the dissertation research, practical psychologists are offered authorial developments aimed at expanding the resource capabilities of the subjects. In particular, replenishment of the subject resource of low-active individuals is possible through joint work to expand the client's ability to use internal resource states to optimize coping with difficulties. The main goals of using the technique of resource expansion: awareness of available resources, transfer of resources from the potential to the actual state, ensuring self-identity and reinforcement of self-esteem, reducing the vulnerability of the individual in the event of difficult situations, and preventing loss of resources.

Taking into account the revealed compensatory mechanism (inversion balancing of potential, reserves and coping resources), practical psychologists are recommended to use the developed methods aimed at strengthening multicultural competence, developing the ability to integrate and partnership, contributing to the optimization of relations in the situation of intercultural interaction in connection with the ethnotypical characteristics of individuals. In particular, to develop the intersubjective resource of low-active individuals, the methods developed and adapted to sociocultural conditions are applicable: business games (situational-simulation modeling, case-method), cultural-specific role games, simulation games (working to expand the repertoire of behavior patterns by constructing situations, close to reality, in the context of intercultural interaction), the technique of a critical incident and an autobiographical story (develops self-reflection and flexibility in intercultural communication).

The prospective direction of research is planned: a longitudinal study of the psychological mechanisms of productive coping behavior in difficult situations of intercultural interaction, taking into account a set of external criteria for coping (socio-economic, cultural, historical, demographic, activity, etc.).

The main publications of the author on the topic of the dissertation

Publications in journals recommended by the Higher Attestation Commission of the Ministry of Education and Science of the Russian Federation:

1. Korobeynikova Y.P. Psychological mechanisms of productive coping behavior in the problem situation of cultural communication / V.Y. Khotinets, Y.P. Korobeynikova // Psychological journal. - 2016. - T.37. - № 4. - С. 59-73 (1,75 p.s.) (the author's contribution of 50%).

2. Korobeynikova Y.P. Coping strategies of subjects with high and low activity in overcoming difficulties in cultural communication / Y.P. Korobeynikova // Scientific

pedagogical and psychological journal «Education and self-development». - Kazan: Publishing house of Kazan University. - 2015. - No. 3 (45). - P. 281-288 (0.93 p.s.).

3. Korobeynikova Y.P. Strategies for coping young men and girls of college age in connection with the level of their communicative activity / S.A. Vasyura, Y.P. Korobeynikova // «Kazan Pedagogical Journal». - 2014. - №1. - C. 123-131 (0,73 p.s.) (the author's contribution of 50%).

4. Korobeynikova Y.P. Copy-strategies of students with different levels of communicative activity / S.A. Vasyura, Y.P. Korobeynikova // «Bulletin of the Tyumen State University». - 2013. - No. 9. - P. 202-208 (0.61 p.s.) (50% copyright contribution)

Other publications. Articles and theses:

5. Korobeynikova Y.P. Resources of productive coping behavior of ethnic subjects in a situation of frustration of intercultural interaction // Psychology of stress and coping behavior: resources, health, development: materials of the IV International Scientific Conference. Kostroma, September 22-24, 2016: in 2 volumes / Executive editor: T.L.Kryukova, M.V.Saporovskaya, S.A.Khazova. - Kostroma: KGU Publishing House. N.A.Nekrasova, 2016. - T. 1. - P. 215-217 (0.38 p.s.).

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